

A Room to Grow Preschool **Recommended Snacks - Fall 2015**

Dear Parents,

Here is a list of suggested snack ideas for preschool. We strongly encourage parents to provide healthy foods for snack. The first two pages have ideas of healthy foods that can be sent as snack. **All snacks that are sent to school must be nut-free due to life-threatening food allergies.** If packaging says it was manufactured on equipment that also handles tree nuts/peanuts then it is not considered nut-free and we cannot serve it. Some items on our list have specific brand names listed because those items are produced in peanut-free facilities. You are not required to stick to the list but please make sure to check labels before bringing in snack. Also, snack needs to be in the original packaging so we can check expiration dates and ingredients. Please bring either a bottle of juice (any flavor) or water with snack.

School has a refrigerator and freezer available for our use. We will provide cups and napkins. **If the snack you are providing requires spoons, please provide those.** If your assigned snack day does not suit you, you are welcome to switch with another parent. Please let us know of the change.

The third page has a list of suggested birthday snacks. Once a school year, your child will be able to bring in a special snack for their birthday celebration. This list is not for everyday snack. **Please note that cupcakes or cake are not allowed.** If your child has a birthday during the scheduled school year, we will assign snack to your child on the day falling closest to his or her birthday.

Thank you for your cooperation as we strive to keep the children healthy and safe.

Miss Maura and Miss Erica

Fruits and Such:

*** No grapes please, due to choking hazard ***

Washed, store-sealed, raw vegetables such as carrot or celery sticks

(Please send only thin baby carrots or carrot chips due to choking hazard)

Store-sealed fresh fruit assortments

Canned fruits such as pineapple chunks

Applesauce (please provide spoons, if needed)

Fruit Cups- (please provide spoons)

Clementines or Tangerines

Bananas

Whole, washed apples (we have an apple corer) or store-packaged apple slices

Sunmaid raisins, cherries, figs, or fruit bits (yogurt raisins are NOT okay)

Dole raisins or dates

Fruitabu Fruit Flats

Dairy:

Stonyfield Squeezers
Yoplait Go-Gurts
Danimals Smoothies
Any brand of cheese:
 Cheese sticks
 String cheese
 Store-sealed, pre-sliced cheese slices

More Snack Ideas:

*** NO Snyder's pretzels ***

Rold Gold classic style pretzels- tiny twists, stick pretzels, honey wheat twists
Pepperidge Farms Goldfish - *any* flavor
Thomas' Mini Bagels with a package or tub of cream cheese
Robert's American Gourmet Pirate's Booty w/ Aged White Cheddar
Robert's American Gourmet Smart Puffs with Real Wisconsin Cheddar
Sunshine Cheeze-It crackers - original or white cheddar
Koshi TLC (*Tasty Little Crackers*)
Nature's Promise Baked Whole Wheat Crackers
Nabisco Cheese Nips
Nabisco Wheat Thins (Hint of Salt) crackers
Nabisco Triscuit Crackers
Nabisco Teddy Grahams - *any* flavor
All Bran Crackers
Keebler Town House Crackers
Kraft Graham Crackers - Honey made or original okay
Keebler Graham Crackers
Keebler Bug Bites graham crackers
All Bran Cereal Bars
Kellogg's Nutri-Grain Bars
Cascadian form Vanilla Chip Organic Chewy Granola Bars
Store-sealed muffins (with no nuts or mention of possible nut exposure in factory)

*******Birthday celebration ideas are on next page.*******

Food Ideas for Birthday Celebrations:

This list is for "birthday snack". Please do not choose a snack from this list unless it is your child's birthday celebration which will be marked on the snack calendar.

**** NO Cupcakes or Cake ****

**** NO Giant Brand Cookies ****

**** NO Nabisco Ritz Bits or Minis ****

Nabisco Chips Ahoy Cookies - original or bite size

Nabisco Chunky Chips Ahoy Cookies - original or bite size

Nabisco Chips Ahoy Candy Blast Cookies

Nabisco Chewy Chips Ahoy Cookies

Nabisco Oreo Cookies - original or bite size

Nabisco Nilla Wafers - original and minis

Nabisco Ginger Snaps

Kellogg's Rice Krispie Treats

Nabisco Barnum's Animal Crackers Nabisco

Fig Newtons

Hunts Snack Pack Puddings - either chocolate or vanilla - (please provide spoons)

Pudding - either Jell-o brand or Kozy Shack is okay (please provide spoons)

Popsicles - cannot mention any nuts on premises of plant

Ice Cream Cups - no mention of any nuts at factory- whipped cream with sprinkles on top is a fun variation (please provide spoons)

Del Monte Fruit Chillers (frozen fruit sorbet)

Entenmann's Little Bites - Fudge Brownies

Keebler Gripz Mighty Tiny Chocolate Chip Cookies

Nature's Promise Natural Yellow Corn Tortilla Chips- Restaurant Style

Tostitos Naturals Organic Yellow Corn Chips

Doritos - original

Ruffles potato chips

Lays classic potato chips

Utz potato chips